

Finding the Path to Cardiovascular Health

Satellite Conference and Live Webcast
Wednesday, October 21, 2009
2:00 - 3:00 p.m. Central Time

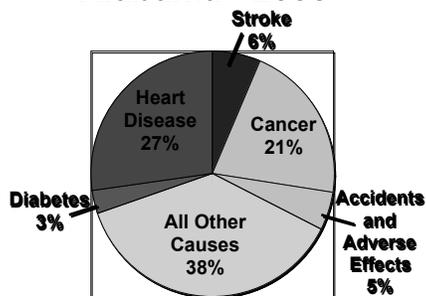
Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

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Leading Causes of Death in Alabama - 2005



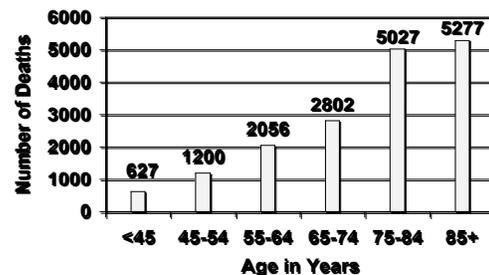
Leading Causes of Death in Alabama - 2005

- Cardiovascular disease is the leading cause of death and disability in Alabama
- Heart disease is the primary cause of death in Alabama and kills over 12,000 residents each year
- 27.3% of the deaths in Alabama were due to heart disease

Leading Causes of Death in Alabama - 2005

- 6.3% of deaths in Alabama were due to stroke
 - Stroke is the third leading cause of death
 - Strokes kill nearly 5,000 people each year

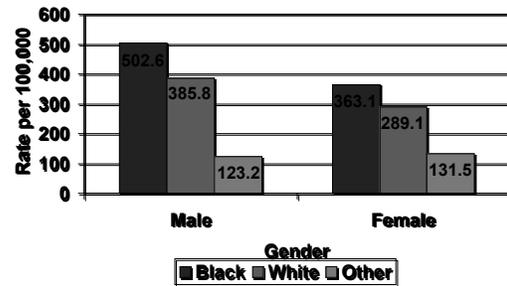
Cardiovascular Deaths by Age Group in Alabama 2005



Cardiovascular Deaths by Age Group in Alabama 2005

- Age is a non-modifiable risk factor for CVD
 - The number of CVD deaths increases with age
- Deaths from CVD occurred more often in those over 75 years of age
- Nearly one out of four deaths from CVD occurred in those below age 65

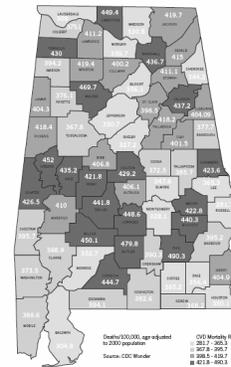
Age-Adjusted Death Rates for CVD by Gender & Race in AL 2005



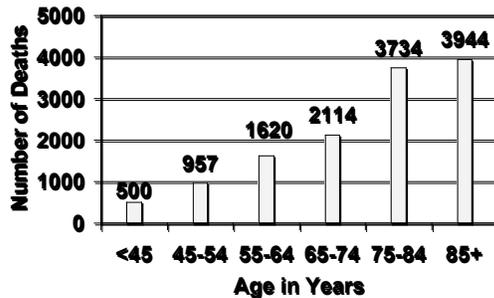
Age-Adjusted Death Rates for CVD by Gender & Race in AL 2005

- In 2005, the age-adjusted death rate was highest among black males
 - 502.6/100,000 population
- Males were at a higher risk of dying due to CVD than females in 2005

FIGURE 6. CARDIOVASCULAR DISEASE MORTALITY RATE IN ALABAMA BY COUNTY 1999-2005 (CONTINUED)



Heart Disease Deaths by Age Group in Alabama 2005



Heart Disease Deaths by Age Group in Alabama 2005

- Deaths from heart disease increased with age
- A total of 12,859 people died from heart disease in Alabama during 2005
- 25% of the deaths occurred in those below the age of 65 years

Age-Adjusted Death Rates for Heart Disease by Gender & Race in Alabama 2005

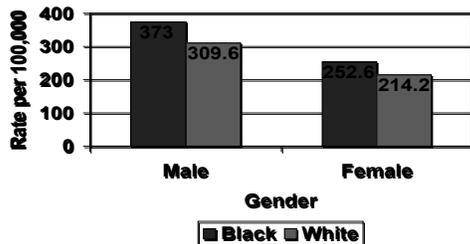
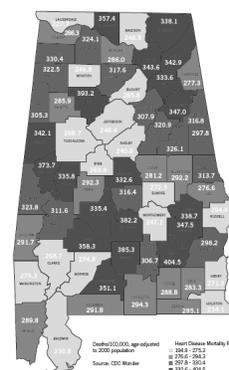
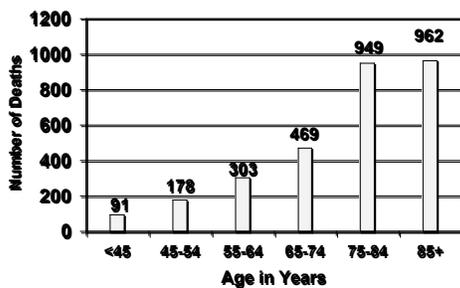


FIGURE 10. HEART DISEASE MORTALITY RATE IN ALABAMA BY COUNTY 1999-2005 (CONTINUED)



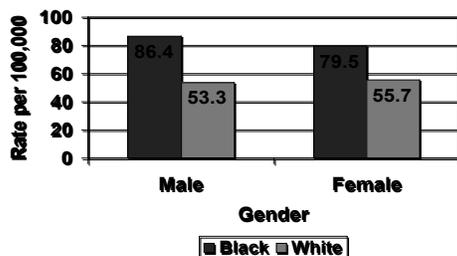
Stroke Deaths by Age Group in Alabama 2005



Stroke Deaths by Age Group in Alabama 2005

- Deaths from stroke occurred more often in those over the age of 65
- 4,942 deaths occurred from stroke in 2005

Age-Adjusted Death Rates for Stroke by Gender & Race in Alabama 2005



Age-Adjusted Death Rates for Stroke by Gender & Race in Alabama 2005

- In 2005, black males showed the highest stroke death rate of 86.4 per 100,000 population followed by females with the rate of 79.5 per 100,000 population

Age-Adjusted Death Rates for Stroke by Gender & Race in Alabama 2005

- For stroke, race is a better predictor of death than gender with the black race being at higher risk than whites

FIGURE 16. STROKE MORTALITY RATE IN ALABAMA BY COUNTY 1999-2005 (COMBINED)

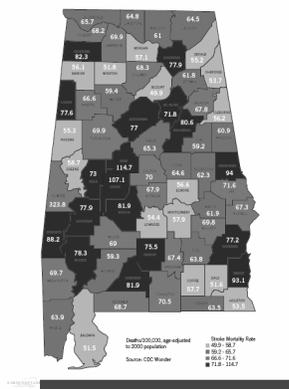


FIGURE 17. PERCENTAGE OF ADULTS WITH HIGH BLOOD PRESSURE IN ALABAMA BY PUBLIC HEALTH AREA 2007

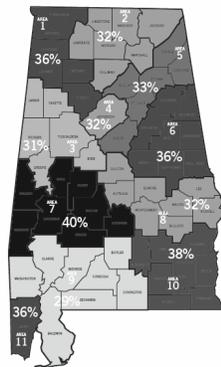
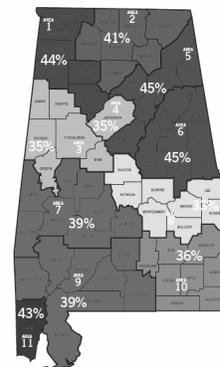


FIGURE 18. PERCENTAGE OF ADULTS WITH HIGH CHOLESTEROL IN ALABAMA BY PUBLIC HEALTH AREA 2007



Take Control. . . Prevent CVD Know Your Numbers



Become Informed

know your numbers, become informed.



The greatest opportunity for reducing cardiovascular disease lies in prevention of the risk factors and conditions which lead to cardiovascular disease.

Blood Pressure	≤ 120/80 (Normal)
Blood Glucose	70 - 110 (Normal)
Lipid Panel TC (total Cholesterol)	< 200 Desirable
LDL (bad cholesterol, lethal)	≤ 160
Male HDL (healthy cholesterol good)	≥ 35 (Low)
Female HDL (healthy cholesterol good)	≥ 45 (Low)
Triglycerides	300-500 (HIGH)
BMI	30 - 39.9 (Obese)

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